

# Quilcene Weekly Update: 4.24.23

## Teaching & Learning

### The Mysterious Power of Brain Breaks

During breaks, it turns out, the brain works overtime. New research illuminates what kinds of breaks benefit learners the



most.

This week I've included a short video that talks about the importance of "brain breaks". The video makes the point that time off task is actually critical time on task, as running, playing, etc. are crucial in the overall learning process.

Walks in the park, a visit to the school garden, or a short hike are all activities that several studies have overwhelmingly shown improve student retention and overall learning.

Beyond going over the importance of breaks, the video establishes that the type of breaks is critical, as activities such as playing video games or spending time scrolling

## Academic Recognition



*Congratulations to this week's Students of the Week, Nolan Grant and Sara Eldridge. Nolan was nominated by both his STEM and Humanities teachers for showing a commitment to his education that is both impressive and infectious, and Sarah was nominated for winning her competition at the statewide Mathletes competition, which also earned her the title of Distinguished Senior for the State of Washington!*

### Upcoming...

4/24	Baseball at ELHS @ 4:00pm at SERA
4/26	<a href="#">Late Start Wednesday</a> Teacher-Directed
4/26	Fastpitch at PJPII @ 3:00pm
4/27	6-12 Staff Meeting in Room 9 @ 8:00am
4/27	Certificated Staff Evaluations
4/27	Parent/ Staff Leadership Team Meeting– Conferences
4/27	Baseball at Muckleshoot @ 4:00pm
4/27	Junior/ Senior Banquet @ 6:00pm in the MPR
4/28	Certificated Staff Evaluations
4/29	Junior/ Senior Prom @ 8:00 in the OLC

CELEBRATING  
THE CLASS OF



# 2023

### Important Upcoming Dates...

Junior/ Senior Banquet	4.27
Junior/ Senior Prom	4.29
Senior Trades Tour	5.2
Jefferson County Job Fair	5.12
Senior Trip	5.29
Elem., MS, & HS Awards Assemblies	6.6
Scholarship Night	6.6
Graduation Rehearsal	6.9
8th Grade Promotion	6.9
Kindergarten Graduation	6.9
Senior Graduation	6.10
Field Day	6.13
Last Day of School/ Beach Party	6.16